



Berry-Berry Cake

 Vegetarian

READY IN



95 min.

SERVINGS



12

CALORIES



151 kcal

DESSERT

Ingredients

- 0.5 tsp baking soda
- 0.3 cup knudsen cream fat free sour
- 2 egg whites
- 1.5 cups cool whip free whipped topping thawed
- 1 cup flour divided
- 2 tsp lemon zest
- 3 cups blueberries and raspberries mixed fresh divided
- 0.8 cup sugar divided

0.3 cup philadelphia

Equipment

bowl

frying pan

oven

knife

blender

toothpicks

springform pan

Directions

Heat oven to 350F.

Beat reduced-fat cream cheese and 1/2 cup sugar in large bowl with mixer until blended.

Add egg whites and zest; mix well.

Combine 1 cup flour and baking soda.

Add to cream cheese mixture alternately with sour cream, beating well after each addition.
(Do not overmix.)

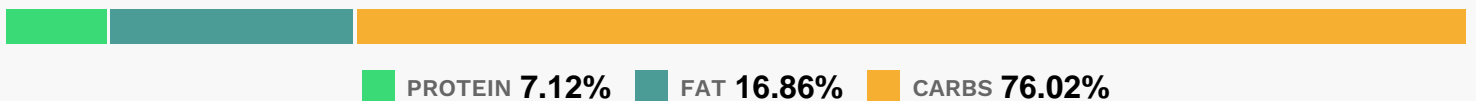
Spread onto bottom and 1 inch up side of 9-inch springform pan sprayed with cooking spray.

Toss 2 cups berries with remaining sugar and flour; spoon over cream cheese mixture to within 1/2 inch of edge.

Bake 40 to 45 min. or until toothpick inserted in center comes out clean. Run knife around rim of pan to loosen cake; cool before removing rim. Spoon remaining berries over cake.

Serve topped with COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:16.36, Inflammation Score:-3, Nutrition Score:3.9721738773844%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 150.65kcal (7.53%), Fat: 2.91g (4.48%), Saturated Fat: 1.57g (9.81%), Carbohydrates: 29.54g (9.85%), Net Carbohydrates: 28.3g (10.29%), Sugar: 18g (20%), Cholesterol: 8.44mg (2.81%), Sodium: 97.02mg (4.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.53%), Vitamin B2: 0.17mg (10.2%), Manganese: 0.2mg (9.86%), Selenium: 5.81µg (8.3%), Vitamin B1: 0.11mg (7.58%), Vitamin K: 7.33µg (6.98%), Folate: 24.39µg (6.1%), Fiber: 1.24g (4.97%), Vitamin C: 4.02mg (4.87%), Vitamin B3: 0.82mg (4.1%), Phosphorus: 35.67mg (3.57%), Iron: 0.61mg (3.39%), Vitamin B12: 0.18µg (2.94%), Calcium: 28.93mg (2.89%), Vitamin A: 137.53IU (2.75%), Potassium: 75.26mg (2.15%), Copper: 0.04mg (2.12%), Vitamin B6: 0.04mg (2.05%), Vitamin E: 0.28mg (1.87%), Magnesium: 7.07mg (1.77%), Zinc: 0.23mg (1.52%), Vitamin B5: 0.14mg (1.38%)